

HEALTHY CHILDREN, HEALTHY WEIGHTS

PROGRAM HISTORY

2003-2004 Dr Manisha Maskay, Division Director at Columbus Public Health (CPH) develops the program concept for Healthy Children Healthy Weights (HCHW). The program consisted of 4 Toolkits: Child Care Providers, Parents, Physicians, and Faith-based groups.

2005 CPH engages *The Strategy Team, Ltd. (TST)* to conduct research and focus groups and to develop program materials.

An advisory team including faculty at The Ohio State University (OSU), CPH staff, and community leaders developed four separate “tool kits” of HCHW program materials.

- Initially HCHW aimed to reach four audiences:
 - Parents
 - Early Learning Centers
 - Physicians, and
 - Faith-based organizations
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HCHW is awarded a National Association of County and City Health Officials (NACCHO) Model Practice Award

2005-2006 Nationwide Children’s Hospital (NCH) develops Ounce of Prevention, an anticipatory guidance program for obesity prevention with materials distributed by physicians and other health care providers at well-child visits. In collaboration with NCH and community partners, CPH further defines the HCHW program’s focus to reach parents and childcare providers by engaging Early Learning Centers in training and technical assistance.

HCHW is piloted with 10 Head Start centers

2008 HCHW is evaluated by Centers for Disease Control (CDC) and Robert Wood Johnson Foundation (RWJF) and is found to be an evidenced-based, theory-sound program.

2009 HCHW Convenes the Growing Healthy Kids Columbus Coalition (GHKC), originally known as the City of Columbus Early Childhood Obesity Prevention Coalition.

HCHW staff guide the GHKC in drafting the City of Columbus Early Childhood Obesity Prevention Plan

HCHW collaborates with The OSU Prevention Research Center conducting surveys of 135 Early Learning Centers, demonstrating the need for Policy System and Environmental Change (PSEC) approach to create a healthy environment in Early Learning Centers.

2010 HCHW utilizes a PSEC model to update the HCHW technical assistance process and establishes a graduated incentive system that rewards menu and policy change in addition to education and training.

	With funding from Ohio Department of Health, HCHW partners with Ohio Child Care Resources and Referral Association (OCCRRA) to develop Ohio Healthy Program criteria. The designation of Ohio Healthy Program becomes available to ELCs statewide.
	HCHW is awarded a NACCHO ACHIEVE grant – allowing for early childhood obesity prevention strategies to be implemented in community based organizations (CBOs) in zip codes 43205, 43206 and 43207, including Faith-based organizations, returning to one of the original intended audiences of the program.
	HCHW receives funding from NCH to support all licensed childcare and early learning centers in the Healthy Neighborhoods, Healthy Families zone (43205, 43206 and 43207).
2011	HCHW staff share the development of HCHW and Ohio's Healthy Program standards in Successful Statewide Obesity Prevention Initiatives in Early Care and Education Part 2, a concurrent session of CDC's 2012 Weight of the Nation
2012	HCHW creates the Family Engagement Project (originally called the Speakers Bureau) to engage parents, families and other caregivers in HCHW activities and key messages via CBOs.
2013	HCHW receives additional funding from Cardinal Health Foundation to pilot the Family Engagement Project at ELCs in 43205, 43206, 43207.
2014	HCHW receives funding from NCH to conduct analysis of pre and post intervention ELC menus in an effort to determine if there is a statistically significant change in nutrient content from pre to post intervention.
	HCHW Step-up-to-Quality Curriculum for ELC providers is designated by ODH to be an approved Early Childhood Nutrition Education Curriculum and Ohio Healthy Program is listed in the Child and Family Health Services block grant RFP as the only strategy for local health departments to reduce obesity in early childhood.
	ODH funds OCCRRA and Creating Healthy Communities (CHC) to take HCHW programming and Ohio Healthy Program statewide via CHC counties.
2015	940 Pre-k students in Columbus City Schools receiving healthier snacks due to Healthy Children, Healthy Weights training and technical assistance.
	Resources including the posters, handouts and rings of fun added to the CDC Online Community Health Media Library and the USDA CACFP Wellness Resources Website.
	HCHW recognized by the OSU Office of Outreach and Engagement with an Excellence in Community Partnership Award in 2015. Funds were given back to the community through the Pay It Forward Awards to GHKC Coalition members who submitted healthy menus and celebration strategies.
	HCHW invited to give an oral presentation on "Technical Assistance and Policy Change in Early Care and Education" at the 2015 American Public Health Association Annual Conference in Chicago.
2016	Children's Hunger Alliance (CHA) adapts the HCHW curriculum for ECE home providers. The curriculum is web-based to better meet the needs of home providers.
	HCHW continues to be involved with state-wide decision making related to OHP material and curriculum.

	Growing Healthy Kids Columbus Coalition developed a Healthy Gathering campaign.
2017	HCHW received funding from Ohio Department of Health to develop and pilot online self-paced modules for Session 1 of the HCHW curriculum. Live webinars were developed and piloted for Session 2 and 3 of the HCHW curriculum.
	HCHW and Growing Healthy Kids Columbus Coalition were each awarded the 2017 National Association of City and County Health Officials (NACCHO) Model Practice Award.
	HCHW and Growing Healthy Kids Columbus Coalition invited to display program posters at the National Association of City and County Health Officials (NACCHO) 2017 Annual Conference.
	Ring of Fun Healthy Celebrations is developed, consisting of over 50 holidays, celebrations, and events, to encourage healthy gatherings in the classroom.
	Growing Healthy Kids Columbus Coalition provided a workshop focused on the Healthy Gathering campaign. Over 40 organizations attended the workshop.

Staff, past and present:

- Dr Manisha Maskay, Division Director
- Melissa Wade, Program Manager
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- Cara Texler, Program Manager
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- Hannah Bills, Program Coordinator

Funders and sponsors, past and present:

- Columbus Public Health
- United Way of Central Ohio
- Nationwide Children's Hospital
- Columbus Foundation
- Osteopathic Heritage Foundation
- Ohio Department of Health (Child and Family Health Services Block Grant, Healthy Ohio)
- Impact Community Action
- The Institute for Active Living
- Molina Healthcare
- Cardinal Health Foundation